

FEBRUARY 2022 Program Calendar – Seniors Services

Davenport-Perth: 1900 Davenport Rd.

For information on Seniors Services, please call: (416) 656-8025



Davenport-Perth
Neighbourhood and Community Health Centre



 MONDAYS	 TUESDAYS	 WEDNESDAYS	 THURSDAYS	 FRIDAYS
<p>FEBRUARY 7,14,21,28.</p>  <p>WALK FIT 55+ 9:30 am.</p> <p>J.J.P. St 1369 Clair Ave. West & Lansdowne</p> <p>Contact Maria 416 656-8025 ext. 246</p>  <p>COMPUTER CLASSES Virtual, phone and one on one support 3:30- 5:pm. Contact Neil 416 656-8025 ext. 265</p>	<p>FEBRUARY 1,8,15,22 Empezando el Día Bien (Spanish) ZOOM/PHONE 10AM-11AM Contact Dolores (416) 656-8025, ext. 262</p>  <p>Grupos de <i>Desarrollo Personal</i> que le equipan con herramientas para vivir con intención, tomando el control de su vida y vivir una vida plena y con propósito a pesar de sus circunstancias.</p> <p>Donne Insieme - ZOOM Italian Seniors 1-2:00pm Discussione con Maria Contact Maria 416 656-8025, ext. 246.</p> <p>Cantinho da Amizade – ZOOM Portuguese Seniors 1:30 -2:30 p.m. Conversando com Cristina Contact Cristina 416 656-8025 ext. 379.</p> <p>Aspire Choir – ZOOM Everyone is welcome to join Contact Maria 416 656-8025 ext. 246 3:30 to 4:30pm</p>	<p>FEBRUARY 2,9,16,23 Wellness. – ZOOM and/or PHONE English Speaking Seniors Sanctuary 1 p.m- 2:30 p.m. Contact Dolores (416) 656-8025, ext. 262. Feb 2: Games/bingo Feb 9: Art and crafts DFeb16: Maintaining a Healthy heart Feb 23: Tea & Talk:</p> <p>COMPUTER CLASSES</p>  <p>Phone and one on one support 3:30- 5:pm. For Registration Contact Neil 416 656-8025 ext. 265</p> <p>Join us on Facebook! @DPNCHC Facebook Seniors</p>	<p>FEBRUARY 3,10,17,24 Club Amistad – Spanish Seniors ZOOM</p> <p>JUEVES 1:00-2:30Pm Contact Dolores 416 656-8025 ext. 262 FEB 3 JUEGOS/BINGO FEB 10 ARTE FEB 17 CÓMO MANTENER SANO EL CORAZÓN FEB 24 TEMAS DE CONVERSACION: <i>Que tiempos Aquellos!!</i></p> <p>Virtual Fitness Classes Please see our Attached Fitness Calendar</p> 	<p>FEBRUARY 4,11,18,25 <i>Take care of each other and we'll get through this!</i> STAY SAFE <i>Wear a mask, keep 6 feet apart, sanitize!</i></p> <p><i>RIMANGA SICURO</i> <i>Indossare una maschera, mantieni 6 piedi di distanza, igienizza!</i></p> <p><i>FIQUE SEGURO</i> <i>Usar uma máscara, mantenha 6 pés de distância, higienize!</i></p> <p>MANTÉNGASE A SALVO <i>Use la máscara</i> <i>Mantenga 6 pies de distancia</i> <i>Desinfecte</i></p> 